

Designing Interventions Using the Stages of Change: Preparation

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The Process of Change model
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Stage of Change: Preparation

The person is committed to change and is actively planning and preparing to change. The person is planning to take action in the next month and has already started to make small changes to the target behavior and is developing plan to change.

Stage-specific task: *To strengthen the commitment to change and to develop an action plan and strategies that facilitate the desired change to the target behavior.*

Preparation

Stage-Specific Characteristic

Stability	MOD/LOW
Commitment to change	MOD/HIGH
Self-Efficacy/Confidence	MODERATE
Temptation	HIGH/MOD
Help Seeking	HIGH
Information Seeking	HIGH
Decisional Balance	
<i>Pros for change</i>	MANY
<i>Cons for change</i>	MANY <i>Reducing</i>

In order to Transition from Preparation:

Strengthen the commitment to change and develop a plan to change the target behavior

Stage-Specific Processes of Change

Self-Liberation: *Assessing and exploring options and choices about what behaviors and strategies can be used to change; Commitment to change target behavior*

Counterconditioning: *Substituting healthy/alternative behaviors for target behavior and changing thinking/reactions to target behavior (triggers management)*

Helping Relationships: *Seeking people/places supportive to and helpful in change process*

Stage-Specific Motivational Strategies

- Clarify the person's own goals, ideas and strategies for change
- Offer a menu of options for change or treatment and provide and encourage choice
- With permission and when appropriate, offer expertise and advice.
- Support the person to design a **Recovery Action Plan** (change plan)
- Discuss, plan for and reduce barriers to change
- Help the person enlist social supports, peer supports and natural community-based supports
- Explore treatment expectancies and the person's role
- Elicit from the person what has worked in the past either for person or others around changing target behavior
- Assist the person to negotiate finances, child care, work, transportation, or other potential barriers to change
- Have the person publicly announce plans to change to significant others, family, co-workers etc.

Stage-Specific Interventions

- **Recovery Action Planning**, commitment-enhancing techniques, decision making, relaxation techniques, desensitization, assertion, positive self-affirmations, support groups, mutual/peer supports, 12 step/community-based support groups

Sources: Information adapted from TIP 35: Enhancing Motivation for Change, KAP KEYS TIP 35, DiClemente (2003) *Addiction & Change*, and Prochaska, et al. (1994) *Changing for Good*.